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A broadcast by Miss Ruth Van Deman, Bureau of Home Economics, and Mr. Wallace Kadderly, Office of Information, Thursday, June 18, 1942, in the Department of Agriculture period of the National Farm and Home Hour, over stations associated with the Blue Network.

—ooOoo—

WALLACE KADDERLY:

And here we are in Washington ready with our message. Item One is for home canners...especially home canners of cherries and other summer fruits. Sugar rationing has put a lot of new quirks into the canning situation this summer. And here's Ruth Van Deman with a batch of answers worked out by the canning experts in the home economics laboratories.

RUTH VAN DEMAN:

Probably not all the answers, Wallace, even at that. The situation on rubber jar rings and containers changes so fast that nobody can quite keep up-to-date.

KADDERLY:

That's right, shortage of sugar isn't the only problem the war has brought to home canners. The present sugar ration for home canning is generous enough, wouldn't you say, to get along on very comfortably.

VAN DEMAN:

Unless somebody has a very petted and spoiled sweet tooth. The present allowance is 1 pound of sugar for every 4 quarts of finished fruit.

KADDERLY:

1 pound of sugar for every 4 quarts of finished fruit. That would be a quarter of a pound of sugar to sweeten a quart of cherries, say. Not bad.

VAN DEMAN:

Not bad at all. In fact, I'd call it good. I happen to be one of those people who like to 'taste the fruit itself...rather than having the fruit flavor overpowered with too much sweetening.

KADDERLY:

What's the best way to get that sugar into the cherries?

VAN DEMAN:

Sprinkle it right over the cherries after they're seeded and in the kettle ready to heat up. Heat them slowly until they're steaming hot all through, and the sugar has dissolved. Then pack the hot fruit with its juice into the jar.

KADDERLY:

You're recommending a hot pack rather than a cold pack then.

VAN DEMAN:

Yes, very definitely. The hot pack has three advantages. It drives the air out of the tissues of the fruit, so you can get more fruit into each container. It dissolves the sugar right in the fruit juice. In fact, the sugar helps to draw juice from the fruit. This gives enough fruit juice to make a good proportion of

(over)

liquid to solids in the jars without adding any water, as happens when you make up a sugar and water sirup and pour it over the solid fruit.

KADDERLY:

This certainly isn't a year to be canning water...not if it's possible to avoid it. Container space is too valuable, with the situation what it is on metals, and rubber, and man hours in factories.

VAN DEMAN:

That's very definitely one of the things the Bureau of Home Economics has in mind in its wartime suggestions to home canners...the need to make every container do its most efficient job of holding food.

KADDERLY:

In other words, to get the most out of containers, get the most canned food into the containers.

VAN DEMAN:

Right. And getting back to the cherries for a moment. Our laboratories have found it takes just about a quart of the seeded cherries to make a quart of canned fruit.

KADDERLY:

Those must be sour cherries for pies.

VAN DEMAN:

Yes, these were Montmorencies.

KADDERLY:

Out on the West Coast we like to can our big sweet cherries, seeds and all.

VAN DEMAN:

That's all right, the same general principles hold. Only you drop the cherries after they're stemmed into hot sirup, and let them heat through before you pack them into the containers.Which reminds me of still another advantage of the hot pack. It cuts down processing time in the boiling-water bath.

KADDERLY:

Naturally since the fruit's already hot through and through, the heat of the boiling-water bath would drive in faster. Of course that processing in the jars is necessary to kill off mold spores and bacteria clear to the center of the containers.

VAN DEMAN:

Yes, that's what makes present day canning methods safer than the old open-kettle method. Bacteria and mold spores from the air were spooned in along with the fruit. Sterilizing the fruit after it's hot packed into the jars cuts the chances of spoilage almost to zero.

KADDERLY:

I take it what you've said about hot packing cherries goes for other fruits as they come along.

VAN DEMAN:

Yes, for instance, peach halves would be handled like the whole sweet

cherries. That is, dropped into hot sirup and then packed. For sliced peaches the method would be the same as for seeded cherries. That is, the sugar added directly to the sliced fruit, then the two together heated carefully, and the sweetened fruit packed hot in its own juice.

And everybody with an abundance of fresh fruit should remember this. In a pinch you can put up fruit without any sweetening at all.

KADDERLY:

You mean the sugar isn't absolutely necessary to keep the fruit from spoiling

VAN DEMAN:

That's exactly what I mean. What keeps canned fruit from spoiling is that processing with heat we spoke about a moment ago. That kills off the bacteria inside the jars. The air-tight seal keeps more bacteria from getting in. We add sugar chiefly for taste. So it's possible to can fruit in its own juice without any sugar at all. Then when the jars are opened up next winter, sweetening can be added...sugar, honey, corn sirup...whatever kind is on hand.

KADDERLY:

That would certainly be the wise thing to do rather than let any fruit go to waste this summer. And if we must, we'll postpone the sweetening question until next winter. But we can't very well pick ripe cherries and peaches off the trees in January. We've got to save the fruit now when it's ripe and ready to can...What's that green sheet you have there in your hand, Ruth? ... Anything our Farm and Home friends would profit by?

VAN DEMAN:

Yes, I think some home canners might like this. It gives these points we've been making here on ways to can fruit with the wartime sugar ration. These are handy to use until we can get out a revised edition of our canning bulletin.

KADDERLY:

Very well then, I'll make that a definite offer, Farm and Home friends. If any of you want "Ways to Can Fruit With a Wartime Sugar Ration," send your post cards to the Bureau of Home Economics.

VAN DEMAN:

Just a minute, Wallace. One more thing.

KADDERLY:

What is it, Ruth? A postscript?

VAN DEMAN:

I guess you could call it that. But actually, it's just a question.

KADDERLY:

Fire away!

VAN DEMAN:

Wallace, have you collected all your scrap rubber?

KADDERLY:

Why-uh...why-uh...what was that?

VAN DEMAN:

I said: Have--you--collected--your--scrap--rubber!

KADDERLY:

If you mean, have I actually turned it in to the filling station — well no I haven't yet — I've been awfully busy, and.....

VAN DEMAN:

Wallace, what I asked was: have you collected your scrap rubber.

KADDERLY:

You mean-- uh -- have I actually stacked up a pile of it? Well, no, not exactly. That is, I practically have. It's just about the same as. . . There's some old hose out in the garage; and some old inner tubes that can't be patched; and a pair of leaky boots I used to use for fishing -- and ---

VAN DEMAN:

You mean you've spotted some but haven't yet put it in one pile?

KADDERLY:

Uh....sort of. That is, I'm planning to -----

VAN DEMAN:

Wallace, do you even know what scrap rubber you have?

KADDERLY:

Now look here, Ruth Van Deman, you're putting me on the spot. I know just as well as you do that every one of us should search out all the scrap rubber we've got -- right away -- and turn it in to a filling station right away. There isn't any job more important than finding all that scrap rubber and turning it in. I know that, and I'm going to do my part. But you -- you -----

VAN DEMAN:

Wallace, I didn't aim to "put you on the spot" -- I was just --- interested.

KADDERLY:

Why were you so interested?

VAN DEMAN:

Uh.... well, I just wondered if you had beat me to the job.

KADDERLY:

You mean you haven't gathered up your scrap rubber either?

VAN DEMAN:

No ---- to be honest with you I haven't, Wallace, but I'm going to.

KADDERLY:

When?

VAN DEMAN:

Well, let's see....I was going to do it tonight. But tonight's pretty busy. Maybe tomorrow night would be better.

KADDERLY:

Ruth.....

VAN DEMAN:

Yes.....,

KADDERLY:

Could you do it tonight?

VAN DEMAN:

Well, yes. In fact, I will do it tonight.

KADDERLY:

And I will too....Bargain?

VAN DEMAN:

Yes, it's a bargain.

KADDERLY:

I'm afraid some of our Farm and Home Friends have got ahead of us on this deal, Ruth.

VAN DEMAN:

No doubt they have, Wallace. But any who haven't -- let's welcome them into our bargain too.

KADDERLY:

By all means. How about it Farm and Home friends? Let's get right after that scrap rubber -- and take it to the nearest filling station or garage tomorrow

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